

September 2022

# MONTH:

1		2		3		4		5		6		7	
-----Gone-----		Veg Pilaf w/ Meat ----		Salad   -----		Salad  ----Heat-----		Salad  ----Wave-----		Salad  -----		Salad  -----	
8	DWD	9	SCB	10		11	DWD	12		13		14	
Crab meat & Cheese Puffs, Salad Pg 17		Potato Salad with Ham Pg 82		Tater Tot Casserole		Potato Salad with Turkey Pg 219		Go To Shell Dinner		Citrus Salmon w/ Rice & Steamed Broccoli		Bagged Salad	
15		16		17		18	DWD	19		20		21	
Creamy Onion Pasta Dish		Leftovers		Bagged Salad		Roast Beef w/ Root Vegetables & Gravy Pgs 77, 78		Bagged Salad		Pizza		Leftovers	
22		23		24		25	WALS	26		27	WALS	28	
Omelets		Pasta w/ Creamy Sausage Sauce		Salad		Sweet and Sour Pork, Rice and Vegetables Pg 122		Bagged Salad		Silky Chicken Curry with Rice Pg 116		Salad	
29	*100*	30	DWD										
Braised Chicken & Carrots w/ Rosemary Gravy & Rice		Tamale Pie Salad Pg 144											

DWD - Date with a Dish

\*100\* - 100 Days of Real Food Cook Book(s) and Web Page

SCB - The Settlement Cook Book

WALS - Washington Local and Seasonal Cookbook